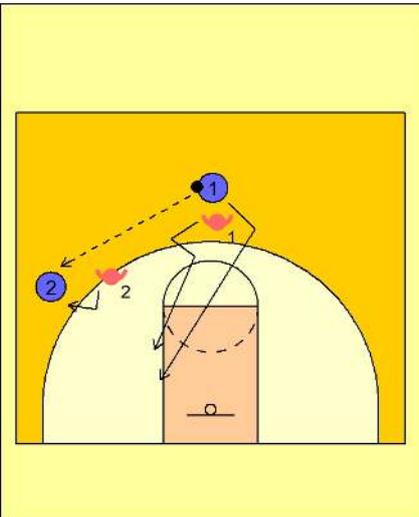




2v2 defence

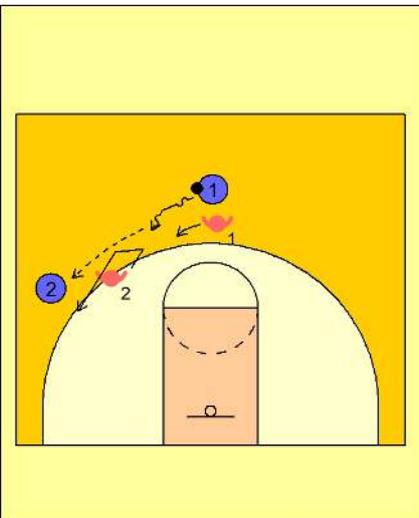
2v2 FRONT THE CUTTER

Procedure: O1 passes to O2 and basket cuts. X2 jumps to the ball and assumes ready stance. X1 jumps to ball, makes contact and forces cutter behind and defends to basket. If cutter goes to low block X1 fronts.



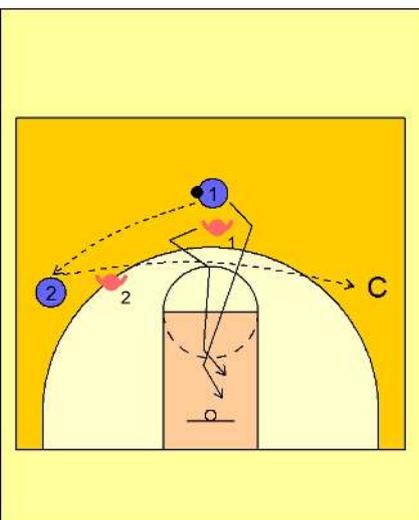
2v2 HEDGE AND RECOVER

Procedure: O1 dribbles at O2, X2 hedges the help and recovers to O1; pass to on ball stance forcing corner-baseline.



2v2 PASS AND CUT - FRONT THE POST

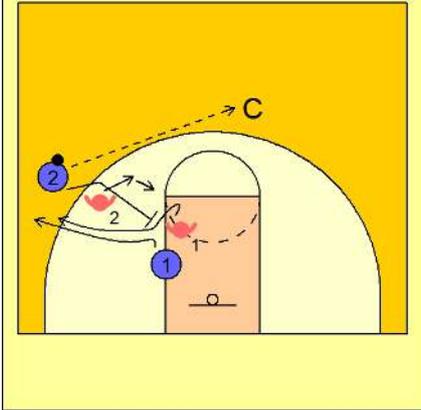
Procedure: O1 passes to O2 and basket cuts, posts at the X. Defenders jump to ball, X2 gets great hand pressure, X1 fronts post. O2 skips ball to coach and X1 has to fight over with hand up.





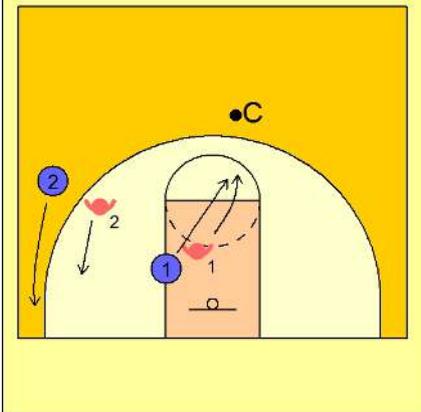
2v2 POST DEFENCE - DOWN SCREEN

Procedure: O2 passes to coach and downscreens for O1. X2 must jump to ball and take cutter if they go over the top. X1 bodies up screener if switch is called



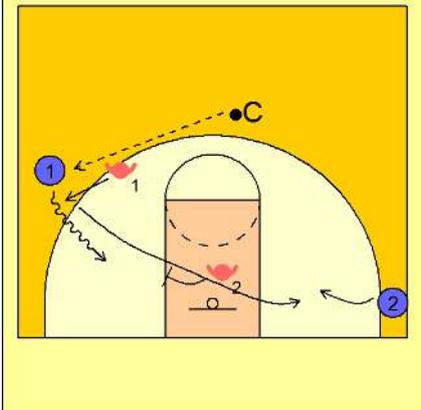
2v2 FLASH - FLARE

Procedure: O1 flashes to ball O2 flares to corner, defender adjust position.



2v2 HELPSIDE ROTATION AND SWITCH

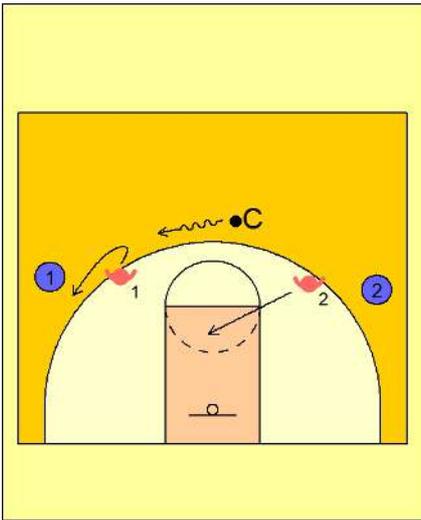
Procedure: Coach passes to O1 who rips through and drives to basket. X2 slides to help from low split and X1 switches to pick up X2 .





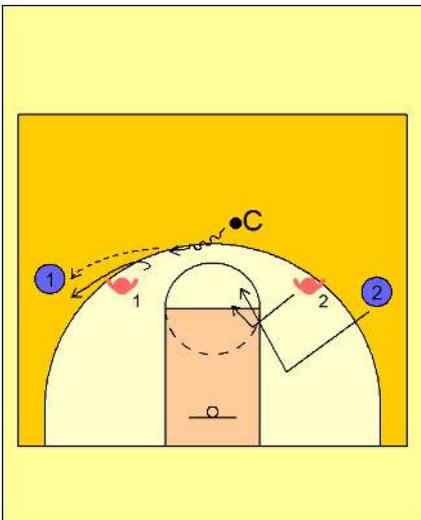
2v2 DENY AND HELP

Procedure: Coach dribbles at X1 and X1 hedges the help, X1 stays in closed stance and denies ball. X2 jumps to ball and positions for help should O1 back cut maintaining flat triangle and open stance.



2v2 DENY THE FLASH

Procedure: Coach dribbles at O1 X1 hedges and jumps to on ball stance when coach passes to O1. X2 jumps to ball in high split and adjusts position to hedge/help. O2 v cuts and flashes to ball, X2 must deny ball.



2v2 HELPSIDE BLOCK OUT

Procedure: O1 and O2 pass the ball around with the coach adjusting their defensive position 1 third-2 thirds. Coach randomly shoots ball and defenders have to take away space and block out offensive players.

